

our modern gladiator

by Sarah Minton
photography by Anthony Licaria

She is young, vibrant, intelligent and determined, and could easily be the envy of many. But instead, the beautiful Tiffany Hall epitomizes the perfect positive role model for teenage girls and women. The 27-year-old first won the hearts of the Australian public back in 2007 as Angel on the highly popular Channel Seven *Gladiators* series.

Currently she is known best for her role on Channel Ten's mid morning program *The Circle* as their resident fitness expert. She is also a highly renowned fitness author following the success of her book *How to Create Your Ultimate Body and Keep It*, a publication which was published last year and is now into its second print.

Away from the public eye Hall is also an influential presence in schools all over the country, encouraging young women to stay healthy and look toward their inner beauty.

"I run several types of programs, and usually I focus my teaching towards young girls and it's pretty popular around the year nine level when body image is such an issue," says Hall. "My main angle and what I hope to promote is that health is beautiful, and if you are healthy you are beautiful".

As the eldest daughter of an Olympic Taekwondo coach and a mother who holds a black belt in the same sport, Hall comes from a competitive yet loving and nurturing family. Born in Brunswick and educated in Essendon she has always been a high achiever. In her adolescent years she played an integral part in her parents' business, but has now gone on to consolidate her own profile in a number of highly competitive markets.

As a Taekwondo black belt herself, Tiffany has achieved many state and national titles in the sport and is now one of the country's foremost media personalities in the areas of fitness and healthy living. Her philosophies on fitness and health are simple yet achievable, much of which she attributes to not only her upbringing but also her time on *Gladiators*.

"I grew up learning about the disciplined approach you need to have for Taekwondo, but during my time on *Gladiators* I also learnt that you don't have to spend hours and hours a day to achieve results," she says. "My body is a gym, and you can train anywhere, anytime by yourself. Just short sessions, maybe half an hour, but that has to be intense. You just have to eat healthy and move, it's not about getting to a gym or depriving yourself."

Hall herself admits to not training everyday and believes that the secret to an amazing body and a healthy lifestyle comes down to consistency and common sense.

"I don't cut out anything, I'll have carbs and my body likes good fats. I do love my Sunday morning croissants, and chocolate throughout the week, but it's all in moderation and that's what's important. I'm into anti-dieting and that's what the book is about, but I'm into accepting who you are and being healthy".

One of Hall's biggest goals is to empower women with her philosophies on health and fitness and to encourage them to be confident and accept themselves in all their many unique and various forms.

"I do consider myself as someone who can empower other people, the book, *Gladiators* and now *The Circle* have given me the impetus to do that, and it's all about people and what you can do to bring value to their lives. My number one thing is contributing to others."

Hall's sporting prowess and fitness knowledge is also equaled by her intellect and literary goals. She holds a Melbourne University degree in Arts-Media and Communications and a Diploma of modern language in French.

She has also worked as a journalist and is a published author, and with writing her biggest passion she is now in the process of refining her first fiction novel and hopes to have it published in the near future.

"I think that is a part of my life people don't see, and yet that is what I spend most of my time doing. My number one passion is writing, but I've convoluted my passion along the way to do so many different things."

"One day my absolute dream is to write full time and live off my books, but to see my fitness knowledge help others and empower them is something that I will continue to do".

As a fitness guru and an acclaimed writer, one gets the impression that whatever Tiffany Hall sets her mind to, she will achieve, not only in her actions but also in her words.

Tiffany wears Cella trek coat and
afterglow top, Yogiomic hooded short
sleeve jacket, Inbetween pants, Mimos
slouch and Styler's own crop hooded
fleece jacket.

Styling: Mitchell Glazewick
Hair: Michelle Farrant
Make-Up: Rishay Devesa
Photography: Anthony Licaria